

Squash & Apple Soup



Makes:

10 servings, 1 cup (240 mL) each

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
5 Qt./4.7 L Multi-Purpose Oil Core
7" Santoku Knife

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Recipe:

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1 large
butternut squash (approximately 3 - 4 pounds/1.4kg - 1.8kg)
1 large
onion, thinly sliced, use Cone #4
3 medium
Honeycrisp apples, peeled, cored and processed, use Cone #3
3 cups
apple juice or cider
(700
mL)
5 cups
water
(1.2
L)
2 teaspoons
kosher salt
(12
g)
¼ teaspoon
white pepper
(0.5
g)
½ cup
heavy cream (optional)
(120
mL)

Directions:

1. Cut squash in half lengthwise, remove pulp and seeds. Rinse squash, do not dry, and place skin-side down in MP5. Place heat on medium. When Vapo-Valve™ clicks, reduce heat to low and cook until squash is soft when speared with a fork, approximately 20 minutes. When done, allow to cool, scoop out flesh and discard skin.
2. Place roaster on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place onions in roaster and reduce heat to low. Sauté until translucent.
3. Add apples and continue to cook until apples are softened.

4. Add cooked squash, cider and water. Bring mixture to a simmer and cook for 15 minutes.
5. Cool slightly and transfer mixture to a blender and purée. May need to do in several batches.
6. Place mixture back into roaster. Add salt and pepper, and cream if desired. Heat and serve warm.

Tips:

- If using cream, plain Greek yogurt can be substituted.
- Can be made the day before.
- Leftovers can be frozen.

Nutritional Information per

▼ Serving

Calories: 136
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 389mg
Total 35g
Carbs:
Dietary Fiber: 4g
Sugar: 17g
Protein: 2g